



Preliminary PDHPE ASSESSMENT

Task Description: Core 1 & 2 Assessment Task

Assessment Task Number: 1

Due Date: 2 May 2008 **Weighting:** 25% (mark out of 15)

Outcomes Assessed:

- P4. identifies aspects of health over which individuals can exert some control
- P5. plans for and can implement actions that can support the health of others
- P6. proposes actions that can improve and maintain personal health
- P10. plans for participation in physical activity to satisfy a range of individual needs
- P15. forms opinions about health-promoting actions based on a critical examination of relevant information
- P16. utilises a range of sources to draw conclusions about health and physical activity concepts.

Task Outline

Step 1 Interview a person about their Social, Physical, Emotional, Mental, and Spiritual health. You must submit audiofiles, video, or transcripts of your interview along with a written version of your interview questions.

Step 2 **Outline** the main conclusions (without using names).

Step 3 **Propose** an action plan to enhance all areas of the interviewee's health and wellbeing. Where people have good levels of health, you are to **propose** a plan to maintain those levels.

Submit for marking:

- Interview questions and written transcripts of interview or audiofiles
- Your written report/response (conclusions drawn) relating to the interviews
- Action plan for increase or maintenance of health and wellbeing
- Attach this assignment sheet to the front of your work and put your name on it

As you require a computer for this assignment you must organise access at the earliest opportunity. (Library)